

# Healthy Moms, Healthy Babies

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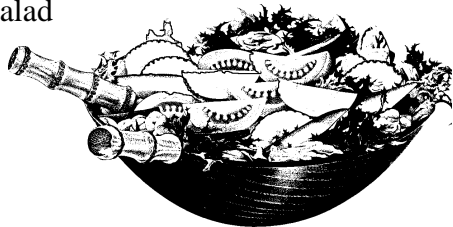


## *Fast Foods*

Are fast foods OK during pregnancy? Yes, fast food places do offer healthy food choices. But many fast food choices are high in fat and don't provide good nutritional value, so choose wisely. You can choose foods from the *Food Guide Pyramid* that give you the nutrients you and your baby need.

Choose from these healthy choices:

- Salad



- Baked potato
- Broiled, regular size hamburger with lettuce and tomato
- Roast beef sandwich
- Grilled chicken sandwich
- Cheese pizza

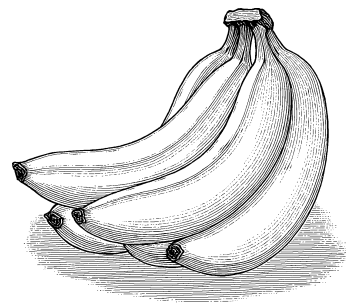
- Bran muffin
- Low-fat frozen yogurt
- Fruit juice or milk (try low-fat)

How can you "round out" fast food meals? Look at the fact sheet "Daily Food Choices," and think about what you have eaten today. Do you see some food groups from which you need to eat more servings? For example, you might choose:

- > a regular-sized hamburger with lettuce and tomato
- > milk or 100% fruit juice
- > low-fat frozen yogurt

This meal will help to boost your calcium and will give you more servings from the milk group. Plan to eat a serving of vegetables and a salad at dinner.

Carry your own version of fast food with you: an apple, banana, orange, or raisins are better choices for snacks than a candy bar.



Enjoy eating out occasionally. You can make healthy food choices for you and your baby and eat "fast food."

### **Suggested Readings:**

Dairy Council of California (1990). *Pregnancy: A special time for nutrition and good health*. Sacramento, CA: Author.

Maternal and Infant Health, Department of Public Health, City of Philadelphia (1990). *Healthy foods, healthy baby*. Maternal and Infant Health, Philadelphia Department of Public Health, 500 South Broad Street, Philadelphia, PA 19146.

Smith, P., and Coats C. (1988). *How to be perfectly pregnant*. Orlando, FL: Carolyn Coats' Bestsellers.

### **References:**

Story, M. (1990). Eating behaviors and nutritional implications. In M. Story (Ed.) *Nutrition management of the pregnant adolescent* (pp. 29-35). Washington, DC: National Clearinghouse.

Story, M., and Resnick, M. (1986). Adolescents' views on food and nutrition. *Journal of Nutrition Education*, 18, 188-192.

Young, E., Sims, O., Bingham, C., and Brennan, E. (1987). Fast foods update: Nutrient analysis. *Public Health Currents*, 27, 1.



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